



2 Day Child & Youth Focused Workshop

MAKING SENSE OF ANXIETY

VANCOUVER
FEBRUARY 27 & 28, 2017

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1 Day Child & Youth Focused Workshop

MAKING SENSE OF EMOTIONS

The Science of Emotions & Their Impact on Behaviour

VANCOUVER
MARCH 1, 2017

GORDON NEUFELD
PH.D.

1 Day Child & Youth Focused Workshop

PROVEN & EFFECTIVE PLAY THERAPY STRATEGIES

With Children, Adolescents and Children of All Ages

LANGLEY
APRIL 19, 2017

KELOWNA
APRIL 20, 2017

VICTORIA
APRIL 21, 2017

CHRISTINE DARGON
PH.D.



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2 Day Clinical Focused Workshop

USING DBT TO TREAT EMOTION DYSREGULATION DISORDERS

2 Day DBT Intensive

VICTORIA
MAY 15 & 16, 2017

SHERI VAN DIJK
MSW



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1 Day - Relevant to All Professionals

PROVEN STRATEGIES TO DE-ESCALATE ANGER & VIOLENT EPISODES

VANCOUVER
JUNE 5, 2017

KELOWNA
JUNE 6, 2017

CARDWELL C. NUCKOLS
PH.D.



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2 Day Clinical Focused Workshop

THE PAIN PARADOX

The "Third Wave" of Mindfulness-Compassion Based Approaches for PTSD and Complex Trauma

VANCOUVER
MAY 29 & 30, 2017

JOHN BRIERE
PH.D.



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2 Day Clinical Focused Workshop

MINDFULNESS & BEYOND

Essential Clinical Skills

VANCOUVER
MAY 8 & 9, 2017

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3 DAY MINDFULNESS INTENSIVE

BANFF
JULY 3-5, 2017

MICHAEL STONE
MA



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4 Day Clinical Focused Workshop

COGNITIVE BEHAVIOUR THERAPY

4 Day Intensive

BANFF
JULY 17-20, 2017

DAVID D. BURNS
M.D.



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MAKING SENSE OF ANXIETY

VANCOUVER | FEBRUARY 27 & 28, 2017
Jewish Community Centre | 950 West 41st Ave

The escalating level of anxiety in our children begs for an explanation as well as a solution. Dr. Neufeld sheds light on this age-old problem, paving the way for natural interventions that can actually get to the root causes as opposed to just managing symptoms. This workshop brings a fresh and promising perspective to one of our most troubling and perplexing human problems. Although the focus is on children, this enlightening material will benefit anyone suffering from anxiety. The focus of this workshop is the anxiety of our children and what we can do about this. The dynamics and insights however apply to all ages.

LEARNING OBJECTIVES

- » The anatomy and working model of the human alarm system
- » How to recognize anxiety in all its various manifestations
- » An updated and insight-based working definition of anxiety
- » Why anxiety is increasing in our children
- » Why current discipline methods are alarming our children
- » Addressing anxiety without relying on medication
- » What parents and teachers can do to help their anxious children

WORKSHOP AGENDA

Session 1 - Neuroscience of Anxiety

- » The key discovery here is of a complex and comprehensive human alarm system

Session 2 - Anxiety, Attachment & Vulnerability

- » To discover what alarms us, we need to go to the science of attachment and redefine our understanding of human threat - that of facing separation in all its various forms

Session 3 - Working Model of Anxiety

- » Understanding where obsessions and compulsions come from and outlining seven classical themes in our anxieties

Session 4 - Addressing Anxiety

- » Six surprising solutions are described for reducing the anxiety in our children

MAKING SENSE OF EMOTIONS

The Science of Emotions & Their Impact on Behaviour

VANCOUVER | MARCH 1, 2017
Jewish Community Centre | 950 West 41st Ave

There is much focus today on children's emotions. Constructs like emotional intelligence, emotional self-regulation and emotional well-being are being bandied about. Emotion, long dismissed as a nuisance factor, is now confirmed to be at the core of development and well-being. Yet little is being taught about the nature of emotion or the implications for parenting and teaching and treatment. In this workshop, Dr. Neufeld does a brilliant job of putting the pieces together to make sense of emotion, revealing the emotional roots of many behavioural problems, and clarifying the challenges for parents, teachers and professionals.

LEARNING OBJECTIVES

- » Cultivate an appreciation of the pivotal role of emotion in development, perception & behaviour
- » Develop a language of emotion that can be used to reframe problems, lead to solutions, and provide access to intuition
- » Understand how emotional development unfolds, so as not to get caught in a battle against symptoms or sabotage the process by pushing for results

WORKSHOP AGENDA

Session 1 - Expression of Emotion

- » The first of the three laws of emotion is that emotion seeks expression

Session 2 - Thwarted Expression

- » The first challenge in dealing with problems rooted in emotion is to facilitate the expression of emotion

Session 3 - Feelings & Hurts

- » The second law of emotion is that emotion seeks consciousness

Session 4 - Balance & Self-Control

- » The third law of emotion is that emotion seeks equilibrium, resulting in balance, stability and self-control

Session 5 - 5 Steps to Emotional Health & Maturity

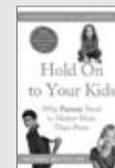
- » The 5 stages in emotional development are outlined

Session 6 - Viewing & Treating Troubling Behaviours as Emotional Problems



GORDON NEUFELD, PH.D.

Gordon Neufeld, Ph.D. is a Vancouver-based developmental psychologist who consults with parents and professionals regarding children and their problems. He brings to us his unique synthesis of the developmental literature and his exceptional ability to make children understandable. He has a widespread reputation for being able to make sense of difficult and complex problems regardless of one's degree of exposure to the psychological literature and for opening doors for change. Dr. Neufeld has a reputation for educating in a most engaging way, speaking with passion and compassion. His style is dynamic, his approach is refreshing and his effect is to affirm intuition. Dr. Neufeld has provided continuing education and in-service training to various professional groups including physicians, nurses, psychologists, clinical counselors, families and youth workers.



BEST SELLING AUTHOR

Hold On to Your Kids: Why Parents Need to Matter More Than Peers

Early Bird Deadline: February 13, 2017

WHO SHOULD ATTEND

- K-12 Classroom Teachers
- School Counsellors/Psychologists
- Learning Assistance/Resource Teachers
- School Administrators
- School Paraprofessionals including Special Education Assistants, Classroom Assistants and Childcare Workers
- All other professionals who support students with behavioural challenges and complex learning needs including but not limited to: Nurses, Social Workers, Psychologists, Clinical Counsellors, Family Therapists, Occupational Therapists, Speech Language Pathologists, Addiction Counsellors, Youth Workers, Mental Health Workers, Probation Officers and Community Police Officers.

PROVEN & EFFECTIVE PLAY THERAPY STRATEGIES

With Children, Adolescents & Children of All Ages

LANGLEY | APRIL 19, 2017

Coast Hotel
20393 Fraser Hwy

KELOWNA | APRIL 20, 2017

Ramada Hotel
2170 Harvey Street

VICTORIA | APRIL 21, 2017

Sandman Hotel
2852 Douglas Street

Children lack some cognitive abilities needed to understand their world and experiences because they are still developing. In addition, they also lack the vocabulary to communicate their emotions and perceptions to someone else. This is where Play Therapy can be very useful and a vital tool.

This workshop will teach attendees how to use play therapy as an incredible method of communication and diagnostics. It will teach you how to interpret the ways in which children play, the importance of what they play with/what they create, and how to interpret their interactions with us as the professional.

By attending this workshop, you will learn how to understand and determine what the individual is struggling with and causes for presenting behaviours and emotions through their play. Attendees will leave with a tool box filled with ready to use Play Therapy techniques that they will immediately be able to implement in their work with children and clients of all ages. This tool box will consist of appropriate tools for different presenting problems such as anger, ADHD, depression, anxiety and more.

Some of the tools will include Sand Tray therapy, coloring, the use of puppets, dance/movement, "I Spy", and so many other great techniques. Much of this workshop will include active learning and participation. So get ready to learn, have fun and see the world through a child's eyes.

There is much research to support the usage and benefits of Play Therapy in a variety of settings and by a variety of professionals as long as they have been trained. Play Therapy as a tool, once learned and implemented appropriately, is an easy and effective method of helping children, adolescents and even adults. It is easy to have a crate of basic supplies enabling any professional to take these techniques with them. Play

Therapy allows for the clinician to be creative, adapt techniques to fit any given individual or setting and is fun. There are so many great techniques to use such as sand tray therapy, clay, puppets etc. This workshop will teach attendees a wide variety of such tools but will also do so in a hands on manner so that attendees can immediately return to work and implement these tools into their day to day work.

“Christine was an engaging speaker. I thoroughly enjoyed listening to her and all the information she provided. Christine shared practical techniques and approaches with sound reasoning. She presented in an understandable and friendly manner. Excellent workshop! I feel like I can start with my new learning right away.”

WORKSHOP AGENDA – KEY TOPICS COVERED

Play Therapy – How to Use it!

- » Specific techniques and novel approaches
 - Assessment and Diagnostic
 - Therapeutic Benefits
 - Non-Directive versus Directive/Soft and Hard Mediums
- » Hands on learning and using the techniques – from crayons, to puppets, to movement and much more! This will be the focus of the day.

Non-Directive Techniques:

- Sand Tray Work
- Watercolors
- Play Dough
- Drawings
- House- Tree-Person
- Finger Painting

Directive Techniques:

- I spy

- Movement and Music
- Drama
- Puppets
- Maps – where in the world do you want to be?
- What do you want to be when you grow up?
- What Animal am I?
- Doll House
- Dance and Movement
- Board games
- Emotions – Feeling Face

» What techniques are best for what disorders:

- Anger (OCD), Anxiety, ADHD, Depression and self-esteem issues, Trauma/PTSD, Abuse, Fears

Play Therapy with Families, Groups & Couples

Areas of Caution

- » Hard and soft mediums
- » Sexualized and acting out behaviours
- » Children who have been abused and repetitive play



CHRISTINE DARGON, PH.D.

Christine Dargon, Ph.D., is a practicing psychologist with over 20 years of experience. She has been working with children and families for years in such areas as abuse, divorce and custody disputes, children of alcoholic/drug addicted parents and adopted children. She currently travels the United States and Canada providing seminars on various topics including the treatment of anxiety, the utilization of the sand tray, the treatment of eating disorders and play therapy. She maintains a private practice in Northern AZ where she offers a wide range of psychological services including play therapy, counseling for individuals of all ages, couples and family therapies. Dr. Dargon has also been teaching on the undergraduate and graduate levels for over 15 years specializing in Child Development and Counseling. She is currently on faculty at Grand Canyon University serving students in the Masters' of Counseling Psychology Program and undergraduate programs as well as Ashford University teaching undergraduate courses.

“Excellent! She knows so well what she is talking about. Thank you for all your knowledge!”

“Time well spent, it was a wonderful presentation. Great sense of humour!”

Early Bird Deadline: April 5, 2017

LEARNING OBJECTIVES

- » Understand the Purpose & Goals of Play Therapy
- » Learn and be able to implement specific and easy Play Therapy techniques for specific presenting issues
- » Use Play Therapy as a diagnostic tool and interpret what you see
- » Know which play therapy techniques to use with different children and different presenting problems
- » Address things to be aware of and areas of caution including selecting the best materials depending upon the presenting issue
- » How to use these techniques in a variety of settings

MINDFULNESS & BEYOND

Essential Clinical Skills

VANCOUVER, BC | MONDAY, MAY 8 & TUESDAY, MAY 9, 2017 | 9AM – 4PM

Jewish Community Centre, Wosk Auditorium | 950 West 41st Ave

The trend of mindfulness research is sweeping the medical field. Is it radical enough? What is the latest research in mindfulness? How does the Buddhist perspective influence the way we see suffering and how we can best serve others? After teaching more than 2,000 clinicians over the past few years, I've come to see that our own stillness and our presence with others, combined with the right tools at the right time, make all the difference. Having the right skills, and the ability to work from the deepest grounded place within ourselves, is where we find our creativity and joy in the midst of this difficult work.

We are offering a two-day training program with Michael Stone designed for a small group that will work through cases, learn essential clinical skills, and support each other in further education.

In this workshop you will review the theoretical understanding of mindfulness from both the Buddhist and Western scientific perspectives within the framework of clinical practice. You will learn key theory that underpins mindfulness

meditation; how it can be brought into clinical work; and simple techniques for working with common symptoms like anxiety, depression, pain and trauma. You will also be guided in mindfulness meditation and have the opportunity for personal practice in a relaxed and supportive atmosphere.

In addition, we will juxtapose "Eastern" and "Western" approaches to psychology and apply them in clinical situations through technique, intervention, and seeing where we get stuck from new angles. What does a mindfulness intervention actually look like in a session? How does it help us shift our attitude towards experience?

Through lecture, demonstration, experiential exercise, and small group discussion, we will examine how mindfulness practice can enhance therapeutic presence and transform our understanding of the causes of suffering across the diagnostic spectrum. We will learn why mindfulness practices support both the facilitator and the client.☯

“Michael Stone is a master of his craft, showing us a wise path for daily living in our personal lives and also through leading edge clinical ideas. Blending his passion for the Asian meditative traditions with the insights from western psychology and medicine, Michael offers wisdom and compassionate and uplifting practices that are of enormous benefit. He's truly inspiring, engaging and has a great sense of humour.”

WORKSHOP AGENDA – KEY TOPICS COVERED

DAY 1 - MONDAY, MAY 8, 2017

You will learn when and how to introduce various mindfulness techniques to your clients or patients; how to utilize special techniques for treating anxiety, depression, chronic pain, physical symptoms, and interpersonal conflicts; and how to creatively work with obstacles to mindfulness practice such as anxiety, ADHD, and fear. We will also look closely at working with pain and psychosomatic symptoms.

Learning Objectives

- » Overview of Mindfulness
- » Mindfulness of the Body & Breathing
- » Obstacles to Mindfulness
- » Techniques for transforming Rumination in Depression
- » Mindfulness to help with Physical Pain

DAY 2 - TUESDAY, MAY 9, 2017

You will learn subtle techniques for working with defences and how to introduce forgiveness into healing work, and we will study several case examples brought in by the group.

Learning Objectives

- » Working with Difficult Emotions
- » Spirituality & Clinical Practice
- » Working with Difficult Thoughts
- » Mindful Interactions
- » The Existential Dimensions of the Personality



MICHAEL STONE, MA



AUTHOR

The Inner Tradition of Yoga
Yoga for a World out of Balance

Michael Stone, M.A., is a renowned speaker, psychotherapist, teacher and author. He illuminates the ancient teachings and practices of meditation in the language of contemporary psychology and medicine. Internationally recognized as a transformative visionary, teacher and agent of social change, his work manifests the fusion of committed spiritual practice and mental health. Michael also presents throughout the world as an acclaimed public speaker. His goal is to cultivate long-term relationships with serious students of yoga and Buddhism as he translates traditional meditative tools to facilitate their greater impact in the worlds of psychology, technology, economics, and ecology. Internationally recognized as a transformative visionary, teacher and agent of social change, his work manifests the fusion of committed spiritual practice and mental health. Michael teaches courses and workshops to clinicians (doctors, nurses, psychiatrists, palliative care workers, psychotherapists) that integrate Buddhist teachings and meditation practices with contemporary approaches to clinical work. Michael's academic background includes studies in psychology, psychoanalysis, philosophy and comparative religion.

Early Bird Deadline: April 24, 2017

WHO SHOULD ATTEND

All mental health professionals, including psychologists, psychiatrists, family physicians, social workers, psychiatric nurses, therapists, occupational therapists, alcohol & drug counsellors, employee assistance counsellors, school counsellors, youth workers, sexual abuse counsellors, vocational rehabilitation consultants, social service co-ordinators, street workers, and crisis counsellors who work directly with clients and are seeking practical, proven methods to enhance their therapeutic skills.

2 Day DBT Intensive

USING DBT TO TREAT EMOTION DYSREGULATION DISORDERS

VICTORIA, BC | MONDAY, MAY 15 & TUESDAY, MAY 16, 2017 | 9AM - 4PM

Sandman Hotel | 2852 Douglas Street

Dialectical behaviour therapy (DBT) is a treatment originally designed to treat borderline personality disorder (BPD). In recent years it has been increasingly used to treat many other disorders because of its usefulness in treating clients unable to manage emotions.

Following an introduction to DBT theory and how this treatment differs from traditional cognitive behavior therapy (CBT), Sheri Van Dijk will discuss how DBT can be applied to working with clients facing a broad range of conditions such as depression, anxiety and bipolar disorder, in which emotion dysregulation plays a key role.

Through lecture and experiential exercises, you will explore the four modules of DBT skills (Core Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness) and learn how to teach these skills to your clients. You will learn how to format DBT sessions to provide the structure your dysregulated clients need.

In addition, Sheri will introduce DBT strategies to help foster the therapeutic relationship, maximize therapeutic gains, and reduce the likelihood of therapist burnout. ☘

WORKSHOP AGENDA – KEY TOPICS COVERED

DAY 1 - MONDAY, MAY 15, 2017

Morning

- » Introduction to Mindfulness & Practice
- » Background of DBT
- » The DBT Model, Research, Adapting DBT, DBT for Other Diagnoses
- » Biosocial Theory of BPD
- » Dialectics, Validation & Other Dialectical Strategies

Afternoon

- » Behavior Theory & Contingency Management
- » Behavior Tracking Sheet
- » Limit-setting
- » Behavioral Analysis Exercise
- » DBT Skills: More About Mindfulness and How to Teach it
- » Neuroplasticity
- » Core Mindfulness Skills

DAY 2 - TUESDAY, MAY 16, 2017

Morning

- » Finish off Core Mindfulness Skills
- » Introduction to Emotion Regulation Skills
- » Complete Discussion of Emotions Regulation Skills
- » Introduce Interpersonal Effectiveness Skills

Afternoon

- » Finish IE Skills
- » Introduce Distress Tolerance Skills
- » Finish DT Skills
- » Pro's and Con's exercise
- » Radical Acceptance
- » Willingness vs. Willfulness
- » Solution Analysis
- » Case Examples

LEARNING OBJECTIVES

- » How to teach your clients the four sets of DBT skills to help them get through crisis situations without making the situation worse; to manage their emotions more effectively; and to develop and maintain healthier relationships
- » How to apply DBT skills to a range of psychiatric illnesses and other problems of daily living (e.g. low self-esteem, difficulties managing anger)
- » Dialectical strategies to address clients who are "stuck" in therapy, resulting in inertia or unhealthy mechanisms of escape and avoidance, and how these strategies can lead to transformational healing
- » Tools such as the Tracking Sheet and the Behavioural Analysis to increase structure in sessions and to help clients move toward change
- » Behaviour Theory techniques to help clients understand what might be maintaining their problem behaviours and to get unstuck from these ingrained patterns
- » Skills to help you improve your own sense of efficacy in therapy, and reduce the likelihood of therapist burnout



SHERI VAN DIJK, MSW



AUTHOR

Calming the Emotional Storm: Using Dialectical Behavior Therapy Skills to Manage Your Emotions and Balance Your Life

Sheri Van Dijk, MSW, RSW, is author of seven books for adults and teens that use DBT skills to help readers manage emotions more effectively; and is an international speaker on DBT. The focus of Sheri's work is on making DBT more accessible to clinicians, and enabling health care providers to help people with emotion dysregulation through use of these skills and strategies. Sheri is the 2010 recipient of the Canadian Psychiatric Association's R.O. Jones Award for her research using DBT with bipolar disorder, published in the *Journal of Affective Disorders* in March, 2013. While maintaining a private practice with a specialization in DBT and mindfulness practice, she has been presenting extensively here in Canada and in the United States. For more information, please visit www.sherivandijk.com.

“Good, informative presentation. I enjoyed her case examples. Good engagement of audience.”

“The information is very useful in my practice as well as to myself. Thanks.”

Early Bird Deadline: May 1, 2017

WHO SHOULD ATTEND

All mental health professionals, including psychologists, psychiatrists, family physicians, social workers, psychiatric nurses, therapists, occupational therapists, alcohol & drug counsellors, employee assistance counsellors, school counsellors, youth workers, sexual abuse counsellors, vocational rehabilitation consultants, social service co-ordinators, street workers, and crisis counsellors who work directly with clients and are seeking practical, proven methods to enhance their therapeutic skills.

PROVEN STRATEGIES TO DE-ESCALATE ANGER & VIOLENT EPISODES

VANCOUVER | JUNE 5, 2017

Jewish Community Centre | 950 West 41st Ave

KELOWNA | JUNE 6, 2017

Kelowna Ramada Hotel | 2170 Harvey Ave

In this one-day non-clinical workshop, Dr. Nuckols will provide proven strategies and techniques to alter angry emotion, hostility and potentially violent behavior into positive corrective experiences.

This skills training will focus on de-escalation skills including proven relaxation, cognitive behavioural, interpersonal communication and self-regulation strategies. These techniques are designed to be used in the field in order to help manage angry, aggressive and violent individuals. Participants will learn how to assess the severity of the situation and implement strategies that will reduce or prevent dangerous incidents from occurring.

This workshop is relevant to all mental health professionals, correctional staff, nurses, social workers, care workers, youth workers, group home workers, crisis counsellors and more.

Based on over 40 years of experience, Dr. Nuckols has worked with major corporations and various systems including the military, criminal justice, mental health and substance abuse. His background includes over 35 years of direct clinical practice and his educational background includes advance work in pharmacology, psychology and neurobiology. 🌱

LEARNING OBJECTIVES

- » Understanding the aggressor: profile of the individual who exhibits anger, hostility and aggressive behavior
- » Statistics on violent episodes
- » Implementing Strategies with individuals who exhibit mental illness and are suicidal
- » Cycle of anger and violent episodes
- » Early warning signs: Assessing and managing workplace threats
- » Verbal and nonverbal techniques for crisis prevention and de-escalation
- » Strategies to maintain self-control in preventing or handling a crisis
- » What not to do – interventions that make matters worse
- » Preventing violent episodes from occurring
- » Reducing potential and actual injury to children and staff
- » Cognitive-behavioural intervention strategies
- » Interpersonal communication strategies
- » Self-Regulation intervention strategies
- » Relaxation techniques

“ Dr. Cardwell C. Nuckols is described as “one of the most influential clinical trainers in North America.” Dr. Nuckols’ passion and mission is to assist in the integration of emerging scientific research with traditional spiritual and self-help knowledge. From this integration comes knowledge and techniques helpful to those whose practice assists substance abuse and mental health patients find healing and their personal road to recovery. An internationally recognized expert in such areas as behavioural medicine and addictions treatment, Dr. Nuckols has been a clinical and developmental consultant for over thirty years.”

WHO SHOULD ATTEND

Relevant to all professional who require skills to de-escalate anger and violent episodes in the workplace. All mental health professionals, including psychologists, psychiatrists, family physicians, social workers, psychiatric nurses, therapists, occupational therapists, alcohol & drug counsellors, employee assistance counsellors, school counsellors, youth workers, sexual abuse counsellors, vocational rehabilitation consultants, social service co-ordinators, street workers, and crisis counsellors who work directly with clients and are seeking practical, proven methods to enhance their therapeutic skills.



CARDWELL C. NUCKOLS , PH.D.



AUTHOR
Finding Freedom Through Illumination

Dr. Cardwell C. Nuckols, Ph.D. is described as “one of the most influential clinical and spiritual teachers in North America.” Dr. Nuckols’ passion and mission is to assist in the integration of emerging scientific research with traditional spiritual and self-help knowledge. Dr. Nuckols’ formal educational background is diverse. He has undertaken formal studies in the areas of chemistry, pharmacology, neurobiology, education and psychology, as well as, a personal interest in the area of nonlinear physics. His personal spiritual path has involved studies into various spiritual traditions including Buddhism, Hinduism and early Christian contemplative practice. Dr. Nuckols is widely published, having authored more than 50 journal articles, 30 books and workbooks, 38 DVDs, CDs and videos, and 17 audiotape series. *The Ego-Less SELF: Achieving Peace and Tranquility Beyond All Understanding* was published in late 2010.

Dr. Nuckols first book, *Cocaine: Dependency to Recovery*, is a trade best seller, as are, his booklets *Quitting Heroin and Quitting Marijuana* (Hazelden). He is the author of the book *Healing an Angry Heart* (HCI). A series of workbooks on *Adolescent Disruptive Behavior* and a CD on *Anger Management* has been released by Hazelden Publications as a part of their *Adolescent Co-occurring Disorder Series*. He has completed a four part video/DVD series especially designed for those in a criminal justice settings entitled *Breaking the Chains of Addiction; Using Science to Aid Recovery*.

Early Bird Deadline: May 23, 2017

RELEVANT TO ALL PROFESSIONAL WHO REQUIRE SKILLS TO DE-ESCALATE ANGER AND VIOLENT EPISODES IN THE WORKPLACE.

THE PAIN PARADOX

The "Third Wave" of Mindfulness-Compassion Based Approaches for PTSD & Complex Trauma

VANCOUVER, BC | MONDAY, MAY 29 & TUESDAY, MAY 30, 2017 | 9AM - 4PM

Jewish Community Centre, Wosk Auditorium | 950 West 41st Ave

As our field matures, and currently-promoted therapies are tested in the real world, the limitations of some approaches to PTSD and complex trauma are becoming clear. Fortunately, researchers and clinical practitioners are discovering the power of new affect regulation interventions, interpersonal therapies, and empirically-based mindfulness and compassion models that, in combination with newer approaches to therapeutic exposure, are generating a "third wave" of effective approaches to trauma.

As importantly, clinicians are increasingly discovering the limits of medical model approaches to trauma-related difficulties, and are moving beyond the need to "fix" or "cure" problems that are not diseases or disabilities in the first place. As it turns out, acceptance, growth, and wisdom - all achievable by the trauma survivor - are natural complements to symptom reduction

techniques, and often bring the client to new levels of awareness and appreciation.

This workshop presents the Pain Paradox, an East-West theory of trauma-related suffering that suggests that the "solution" to unwanted states is not to avoid, suppress, or intellectualize, but rather to carefully engage, accept, process, and even use painful material in the context of a compassionate therapeutic environment.

Building on his most recent books with valued co-authors *Principles of Trauma Therapy*, 2nd edition, DSM-5 Update (2014) and *Mindfulness-oriented Interventions for Trauma: Integrating Contemplative Practices* (2015), this two day presentation offers new approaches, insights, and perspectives described in John Briere's book-in-progress, *The Pain Paradox: Embracing the unwanted in the search for well-being.*

WORKSHOP AGENDA – KEY TOPICS COVERED

DAY 1 - MONDAY, MAY 29, 2017

Brief Overview of Complex Trauma

- » Complex trauma characteristics
- » Effects
- » Substance abuse, dissociation, tension-reduction behaviours, suicidality

Modern Western Approaches to Trauma Effects

- » CBT and exposure-based models, including EMDR
- » Affect regulation approaches
- » Relational psychotherapy

Problems with Western Models

- » Incomplete efficacy
- » Misidentification of problems
- » Inadequate attention to growth
- » Insufficient attention to developments in therapeutic mindfulness

Eastern or More Existential Approaches to Trauma

- » Focus more on suffering than pain
- » Mindfulness
- » Attention to engaging and allowing distress
- » Intentional fostering of compassion in both therapist and client
- » Growth, wisdom, & happiness as primary goals

The Pain Paradox

- » Why avoidance often doesn't work
- » Why seeking pleasure doesn't help

The Four Species of Pain and the Results of Suppressing Each

- » Physical pain
- » Cognitive/emotional pain due to events
- » Culturally-related pain
- » Existential pain

DAY 2 - TUESDAY, MAY 30, 2017

The Perception Problem

- » Snakes versus ropes
- » Metacognitive awareness

Inviting Your Memories and Pain to Tea

- » Processing conditioned emotions from maltreatment
- » Explicit processing

Mindfulness

Affect Regulation Training

- » Mindfulness-based breath techniques
- » Meditation
- » Urge and emotion surfing
- » Trigger management
- » RAINing

Relational Work

- » Activation of attachment schema and cultural traumas in the context of compassion
- » Neurobiology of compassionate treatment
- » Detoxifying relationships

Special Issues

- » Bad guys and evil
- » Recovery versus growth



JOHN BRIERE, PH.D.



AUTHOR

Principles of Trauma Therapy: A Guide to Symptoms, Evaluation, and Treatment

John Briere, Ph.D. is an Associate Professor of Psychiatry and Psychology at the Keck School of Medicine, University of Southern California, and Director of the Psychological Trauma Program at Los Angeles County-USC Medical Center. He is past president of the International Society for Traumatic Stress Studies, and a Fellow of the American Psychological Association. Dr. Briere is author of a number of books, articles, and chapters in the areas of child abuse, psychological trauma, and interpersonal violence, including *Principles of Trauma Therapy: A Guide to Symptoms, Evaluation, and Treatment* (in press). Recent books include *Therapy for Adults Molested as Children: Beyond Survival, 2nd Edition*; *Child Abuse Trauma: Theory and Treatment of the Lasting Effects*; and *Psychological Assessment of Adult Posttraumatic States: Phenomenology, Diagnosis, and Measurement, 2nd edition*. Dr. Briere has also developed various psychological tests, including the Trauma Symptom Inventory, Trauma Symptom Checklist for Children, Inventory of Altered Self Capacities, Detailed Assessment of Posttraumatic Stress, and the Multiscale Dissociation Inventory

Early Bird Deadline: May 15, 2017

LEARNING OBJECTIVES

- » Describe the clinical implications of the pain paradox
- » Define metacognitive awareness
- » Describe "urge surfing" and "trigger management" as they relate to changed identification with internal states and processes
- » Describe the neurobiology of activated attachment schema
- » Implement a model of client-therapist interaction that is nonauthoritarian and yet empirically-based

..... THE ALBERTA

CBT+DBT CLINICAL SKILLS

EARN UP TO
18 CEUs
FOR 3 DAY
ATTENDANCE

..... CONFERENCE

APRIL 3-5, 2017

3 Days | 8:30AM – 4:00PM

EDMONTON, ALBERTA

Four Points by Sheraton Edmonton South

LEARN CLINICAL SKILLS FOR
COGNITIVE BEHAVIOURAL THERAPY & DIALECTICAL BEHAVIOURAL THERAPY
..... FROM SIX OF NORTH AMERICA'S LEADING EXPERTS

DAY 1



Sheri
Van Dijk
MSW, RSW



Lynn
Miller
PH.D.

DAY 2



Randy
Paterson
PH.D.



Jeff
Rigenbach
PH.D.

DAY 3



Reid
Wilson
PH.D.



Eboni
Webb
PSY.D.

WHO SHOULD ATTEND

All Therapists, Addiction Counsellors, Clinical Counsellors, School Counsellors, Employee Assistance Professionals, Human Resource Professionals, Mental Health Workers, Psychologists, Occupational Therapists, Psychiatric Nurses, Physicians, Family Therapists, Social Workers, Rehabilitation/Vocational Counsellors and all other Mental Health Professionals.

CONFERENCE VENUE

Four Points by Sheraton
Edmonton South
7230 Argyll Rd NW, Edmonton

DISCOUNTS

Early bird and group registration discounts available.
See website for rates and details.

PRESENTED BY



jack hirose
& ASSOCIATES INC.

FOR MORE INFORMATION AND REGISTRATION: JACKHIROSE.COM | 1.800.456.5424

3 DAY MINDFULNESS INTENSIVE

BANFF, AB | MONDAY – WEDNESDAY, JULY 3–5, 2017 | 8:30 AM – 4:30 PM
Banff Park Lodge Resort | 222 Lynx Street

Most of us live our lives running from task to task, distraction to distraction...

Mindful awareness means paying attention to present moment experiences with openness, curiosity, and a willingness to be with what is. It is an excellent antidote to the stresses of modern times. It invites us to stop, breathe, observe, and connect with one's inner mental and somatic experience, while reducing reactivity. Scientific evidence suggests that we can change our brains by cultivating habits of mind that will improve well-being, including happiness, resilience, compassion and emotional balance. Each of these characteristics can be shaped and modified within our brain by experience and training.

From the clinical setting to the classroom, you will learn the theory and practice of mindfulness. Today's challenging health care environment puts

health care professionals at increased risk for stress and burnout. Research suggests that mindfulness and self-compassion training are powerful tools for promoting staff health and well-being, job satisfaction, and staff retention, and even for improving patient care and communication.

In twenty years of studying, practicing, and teaching Eastern meditative and Western psychotherapeutic disciplines, I have discovered that combining both paths is profoundly more effective than following one alone. Join me in discover the intersection of traditional "Easter" maps of the mind, with the insight of Western psychology and medicine.

This experiential training integrates scientific research into clinical technique. We will alternate between theory, clinical presentations, group practice, and role-play.

WORKSHOP AGENDA – KEY TOPICS COVERED

DAY 1 - MONDAY, JULY 3, 2017

- » Contemporary mindfulness interventions for different populations and symptoms
- » Body-centered practices for working directly with trauma symptoms
- » How to Deepen Your Capacity for Presence
- » Building Your Capacity for a Wider Range of Emotions
- » Participants will understand the importance of cultivating an inner holding environment for strong emotions, grief and pain
- » Participants will learn visualization practices to help hold turbulent experience
- » Assess and identify the role of reactivity in psychotherapy process and treatment outcome

DAY 2 - TUESDAY, JULY 4, 2017

- » Demonstrate skill in managing one's presence, resilience and hindrances that may either encourage or block clients' treatment progress

- » Incorporate specific practices into daily routines as a practicing clinician, and build client's skills in doing so for themselves
- » Using dyads and small groups, we will alternate between theory and practice techniques, putting to work what we've learned

DAY 3 - WEDNESDAY, JULY 5, 2017

- » Four Tasks: A simple set of four practices that underpin the theory and application of mindfulness and self-compassion in clinical and educational settings
- » Strategies for transforming reactivity and dissociation
- » Exploring ways of having conversations about the spiritual dimensions of healing
- » You'll learn how to watch and quiet the mind. You'll learn to slow down
- » Further practices (in small groups) for introducing contemplative practice into your work

WHO SHOULD ATTEND

All mental health professionals, including psychologists, psychiatrists, family physicians, social workers, psychiatric nurses, therapists, occupational therapists, alcohol & drug counsellors, employee assistance counsellors, school counsellors, youth workers, sexual abuse counsellors, vocational rehabilitation consultants, social service co-ordinators, street workers, and crisis counsellors who work directly with clients and are seeking practical, proven methods to enhance their therapeutic skills.



MICHAEL STONE, MA



AUTHOR

The Inner Tradition of Yoga
Yoga for a World out of Balance

Michael Stone, M.A., is a renowned speaker, psychotherapist, teacher and author. He illuminates the ancient teachings and practices of meditation in the language of contemporary psychology and medicine. Internationally recognized as a transformative visionary, teacher and agent of social change, his work manifests the fusion of committed spiritual practice and mental health. Michael also presents throughout the world as an acclaimed public speaker. His goal is to cultivate long-term relationships with serious students of yoga and Buddhism as he translates traditional meditative tools to facilitate their greater impact in the worlds of psychology, technology, economics, and ecology. Internationally recognized as a transformative visionary, teacher and agent of social change, his work manifests the fusion of committed spiritual practice and mental health. Michael teaches courses and workshops to clinicians (doctors, nurses, psychiatrists, palliative care workers, psychotherapists) that integrate Buddhist teachings and meditation practices with contemporary approaches to clinical work. Michael's academic background includes studies in psychology, psychoanalysis, philosophy and comparative religion. He is the author of numerous books and his podcasts enjoy a large global audience. He lives with his family in British Columbia.
michaelstoneteaching.com

Early Bird Deadline: June 19, 2017



THIS TRAINING COMES WITH A COMPREHENSIVE READING KIT.

COGNITIVE BEHAVIOUR THERAPY

4 Day Intensive Training

BANFF, AB | MONDAY – THURSDAY, JULY 17–20, 2017 | 8:30 AM – 4:30 PM

Banff Park Lodge Resort | 222 Lynx Street



FREE COPY OF DAVID BURNS' - SCARED STIFF DVD

\$187+TAX VALUE | 9 HRS | 5 Discs

Jack Hirose and Associates has proudly sponsored many of Dr. David Burns' two-day workshops over the past 10 years and during the past 7 years 1,500 therapists have attended Dr. Burns four-day intensives in Canada. The intensives will allow time for practice, individual attention, and exploring relevant personal and professional issues. He can describe it better than we can, so here's his personal invitation to you...

I have loved doing workshops throughout the United States and Canada over the past 15 years, and am grateful to the many thousands of mental health professionals who have attended and participated in them. However, I have concerns that although a two-day program may inspire the participants, it may not provide the hands-on training, supervision, and practice that are necessary to use these techniques effectively in real-world settings. That's why I was thrilled when Jack Hirose offered me the opportunity to do the four-day intensive workshop in Banff in the summer of 2017.

The 4-Day Intensive Training in Cognitive Behavioral Therapy will differ from my one-day or two-day workshops in several ways. First, the number of participants will be smaller than my usual workshops, leading to a much more intimate learning environment. You will get the chance to interact with me and with your colleagues in a friendly learning environment.

Second, after I describe and illustrate a technique, such as the Interpersonal Downward Arrow, the Five Secrets of Effective Communication, Paradoxical Agenda Setting, Relationship Journal, or Externalization of Voices and Acceptance Paradox, you will have the opportunity to break off into dyads and triads to actually practice and master each technique.

Third, you will have the chance to work on some of your own issues as part of the learning process if you choose to do so. We're all human, and we all have the tendency to feel anxious, frustrated, ashamed, inadequate, or demoralized in the course of our work, which is inherently stressful and challenging. Although this will not be a therapy

group, but a training workshop, the personal "patient" experience can make these techniques far more meaningful, and will make you a more sensitive and effective clinician.

Working on so-called "counter-transference" feelings has always been an important part of the psychotherapeutic tradition. It also has a spiritual basis: "Physician, heal thyself." I will not be looking for deep, personal issues you might be reluctant to share in a public setting, but rather the kinds of

problems we all encounter on a daily basis in our clinical work with clients who are angry, mistrustful, or profoundly depressed.

Fourth, we will cover a broad range of topics, including how to deal with: Depression and

Low Self-esteem; Anxiety Disorders; Relationship Problems & Addictions

This is important because patients rarely come to us with one specific problem, like "Panic Disorder." They nearly always suffer in many different ways, so we need a broad range of tools to be effective if we are to treat the whole person, and not just an isolated symptom.

Finally, we will work much harder, from early morning until late in the afternoon, giving the word "intensive" real meaning.

I have only had the chance to do about a dozen intensives in the past. They have been the most vibrant and inspirational teaching experiences I have ever had. There is no comparison, really, with one of my large, two-day workshops. I warmly invite you to attend the Intensive in Banff, Alberta if you possibly can. It promises to be one of the best learning opportunities of your career.

– David Burns, M.D.

“I can't imagine anyone being more caring about our learning, or more effective as a teacher.”

– Mary-Ann Gibson,
Battlefords Tribal Council Health



DAVID D. BURNS, M.D.

David D. Burns, M.D. is an Adjunct Clinical Professor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. He has served as Visiting Scholar at Harvard Medical School and Acting Chief of Psychiatry at the Presbyterian/University of Pennsylvania Medical Center. His best-selling books, *Feeling Good* and *Feeling Good Handbook* have sold over five million copies worldwide and are the books most frequently recommended by American and Canadian mental health professionals for patients suffering from depression. His latest books, *When Panic Attacks* and *Feeling Good Together*, illustrate new approaches to the treatment of anxiety disorders and interpersonal conflict. Dr. Burns has won many awards for his research and teaching. The graduating residents at the Stanford Medical School have named him 'Teacher of the Year' on three occasions.



BEST SELLING AUTHOR
Feeling Good
Ten Days to Self-Esteem
When Panic Attacks

Early Bird Deadline: July 3, 2017

WHO SHOULD ATTEND

All mental health professionals, including psychologists, psychiatrists, family physicians, social workers, psychiatric nurses, therapists, alcohol & drug counsellors, employee assistance counsellors, school counsellors, youth workers, sexual abuse counsellors, vocational rehabilitation consultants, social service coordinators, street workers, and crisis counsellors who work directly with clients and are seeking practical, proven methods to enhance their therapeutic skills.

PREVIOUS ATTENDEE DISCOUNT

\$499+Tax - For individuals who previously attended and enrolled in the 4 day intensives with Dr. Burns and Jack Hirose & Associates and wish to further develop their therapeutic skills.

WORKSHOP SCHEDULE

• DAY 1 - JULY 17, 2017	• DAY 2 - JULY 18, 2017	• DAY 3 - JULY 19, 2017	• DAY 4 - JULY 20, 2017
Registration 7:30am – 8:30am <i>(Continental Breakfast)</i>	Morning Session 8:30am – 12:00 noon <i>(Break 10:15am – 10:30am)</i>	Morning Session 8:30am – 12:00 noon <i>(Break 10:15am – 10:30am)</i>	Morning Session 8:30am – 12:00 noon <i>(Break 10:15am – 10:30am)</i>
Morning Session 8:30am – 12:00 noon <i>(Break 10:15am – 10:30am)</i>	Lunch 12:00 noon – 1:00pm <i>(lunch not provided)</i>	Lunch 12:00 noon – 1:00pm <i>(lunch not provided)</i>	Lunch 12:00 noon – 1:00pm <i>(lunch not provided)</i>
Lunch 12:00 noon – 1:00pm <i>(lunch not provided)</i>	Bonus Lunch Hour Session 12:30pm – 1:00pm	Bonus Lunch Hour Session 12:30pm – 1:00pm	Afternoon Session 1:00pm – 2:30pm
Bonus Lunch Hour Session 12:30pm – 1:00pm	Afternoon Session 1:00pm – 4:30 pm <i>(Break 2:15pm – 2:30pm)</i>	Afternoon Session 1:00pm – 4:30pm <i>(Break 2:15pm – 2:30pm)</i>	ADJOURN 2:30pm <i>(Pick Up Certificates)</i>
Afternoon Session 1:00pm – 4:30pm <i>(Break 2:15pm – 2:30pm)</i>			

*Registration Opens at 7:30am, Lunch Break from 12:00pm to 1:00pm (Lunch Not Provided)

KEY TOPICS COVERED

• DAY 1 - JULY 17, 2017	• DAY 2 - JULY 18, 2017	• DAY 3 - JULY 19, 2017	• DAY 4 - JULY 20, 2017
<ul style="list-style-type: none"> » Countertransference from a cognitive perspective » T = Testing » How to take a world-class clinical history » Quick, easy, accurate diagnostic techniques » How to use the EASY Diagnostic System » How to assess therapeutic empathy and helpfulness » How to assess suicidal urges » E = Empathy » The Five Secrets of Effective Communication » How to transform therapeutic failure into success 	<p>A = Agenda Setting</p> <ul style="list-style-type: none"> » The five steps in Agenda Setting » Becoming the voice of the patient's resistance » How to diagnose and overcome the 8 types of therapeutic resistance » M = Methods » How to develop a Daily Mood Log » Common therapeutic errors, and how to avoid them » The Recovery Circle » Failing as Fast as You Can » Why manualized therapy will never be effective » How to individualize the treatment » How to select the most effective techniques for each patient » Diagnosing and Reversing Therapeutic Failure » The Therapist's Report Card 	<ul style="list-style-type: none"> » Mastering Specific Techniques » The Individual Downward Arrow » The Interpersonal Downward Arrow » The Hidden Emotion Technique » Motivational Techniques » The Cost-Benefit Analyses » Straightforward CBA » Paradoxical CBA » The Decision-Making Form » The Devil's Advocate Technique » The Anti-Procrastination Sheet » The Double-Standard Technique » The Externalization of Voices » Truth-Based Techniques » The Experimental Technique » The Survey Technique » Humor-Based Techniques » Shame-Attacking Exercises » Relapse Prevention Techniques 	<ul style="list-style-type: none"> » Cognitive Interpersonal Therapy: "And It's All Your Fault!" » Individual vs. Interpersonal Therapy » Why CBT Won't Work for Relationship Problems » How to develop an agenda for patients with interpersonal problems » The most common therapeutic error of all—and how to stop making it! » Ten GOOD Reasons to Maintain Conflict and Resist Intimacy » The Relationship CBA » The Relationship Journal » The Five Secrets Revisited » Role-Playing and Experiential Techniques » The Intimacy Exercise

“ I had the good fortune of attending the summer intensive with Dr. David Burns in Edmonton 09'. It was simply the best seminar I have ever attended. The information and training are proving invaluable and I also have fond memories of wonder and positive experiences. Jack Hirose and Dr. Burns successfully set up an atmosphere of friendship, respect and relaxed professionalism. Many thanks and I wish you continued success.”

– Ashif Kassam, Lumina Counselling

“ Thank you Jack! Thank you David! I'm so glad that I took this awesome opportunity to challenge my preconceptions. I'm eager to challenge my self with my clients!”

– Laura Lee Siwec, Alberta Health Services

REGISTRATION FORM

British Columbia Workshops | Spring 2017

► STEP 1 – CONTACT INFO

Name _____

Position _____ School / Organization _____

Address _____

City _____ Province _____ Postal Code _____

Work Phone [] _____ Work Fax [] _____

Email _____

► STEP 2 – WORKSHOP & APPLICABLE FEE

Fees do not include tax (5% GST).

Workshop Title _____

Speaker _____

City _____ Date _____

	INDIVIDUAL	GROUP 3-7	GROUP 8-14	GROUP 15+	FT STUDENT †
1 DAY WORKSHOP FEE					
Early Bird	<input type="checkbox"/> \$229	<input type="checkbox"/> \$214	<input type="checkbox"/> \$199	<input type="checkbox"/> \$179	\$179
Regular	<input type="checkbox"/> \$249	<input type="checkbox"/> \$234	<input type="checkbox"/> \$219	<input type="checkbox"/> \$199	\$199
2 DAY WORKSHOP FEE					
Early Bird	<input type="checkbox"/> \$399	<input type="checkbox"/> \$379	<input type="checkbox"/> \$359	<input type="checkbox"/> \$324	\$324
Regular	<input type="checkbox"/> \$419	<input type="checkbox"/> \$399	<input type="checkbox"/> \$379	<input type="checkbox"/> \$344	\$344
3 DAY WORKSHOP FEE					
Early Bird	<input type="checkbox"/> \$599	<input type="checkbox"/> \$569	<input type="checkbox"/> \$549	<input type="checkbox"/> \$499	\$499
Regular	<input type="checkbox"/> \$619	<input type="checkbox"/> \$589	<input type="checkbox"/> \$569	<input type="checkbox"/> \$519	\$519
4 DAY WORKSHOP FEE					
Early Bird	<input type="checkbox"/> \$799	<input type="checkbox"/> \$759	<input type="checkbox"/> \$729	<input type="checkbox"/> \$699	\$699
Regular	<input type="checkbox"/> \$819	<input type="checkbox"/> \$779	<input type="checkbox"/> \$749	<input type="checkbox"/> \$719	\$719

- Registration fee for previous attendees for Dr. David Burns' 4-Day Intensive is \$499 + taxes. All registrants for Dr. David Burns' 4-Day Intensive workshop will receive a complimentary "Scared Stiff" DVD valued at \$187.
- Participants who attend Dr. Neufeld's 2-Day Anxiety workshop and 1-Day Emotions workshop are eligible for the three-day workshop rate.
- Early bird deadline is 14 days prior to the workshop date

† Please contact registration@jackhirose.com for more information on our full-time student rates. Registrants must provide proof of full-time enrolment at a minimum of three courses (e.g., transcript or confirmation letter of enrolment)

► STEP 3 – PAYMENT

Visa Credit Card # _____ Expiry _____ / _____

MasterCard Cardholder Name _____

Cheque Signature _____ Cheque # _____

4 WAYS TO REGISTER



ONLINE

registration.jackhirose.com



EMAIL

registration@jackhirose.com



PHONE or FAX

See numbers below right



MAIL

See address below right

3 WAYS TO SAVE



ONLINE PROMO CODE: BCSAVE10
registration.jackhirose.com



EARLY BIRD DISCOUNT
Deadline: See Inner Pages for Deadlines.



GROUP DISCOUNTS (online only)
See Step 2 for Savings & Fees.

DISCOUNT RATES

Groups registering by email, phone, fax or mail, must submit all registration forms at once. Full time students (3+ classes per semester) must provide proof of enrolment. Please note, a \$10.00 administrative fee will apply **per person** for all manual registrations. Please contact: registration@jackhirose.com for more info.

EARLY BIRD DEADLINE

Registration and payment must be received by this date. Upon receipt of registration and payment, a confirmation email will be sent.

REGISTRATION FEE INCLUDES

Reference notes, certificate of completion, morning coffee, muffins and refreshment breaks. Lunches are not included.

WORKSHOP AIDE DISCOUNT

Save \$115 on a one-day workshop, \$190 on a two-day workshop and \$290 on a three-day workshop. By working as an assistant to the workshop coordinator, workshop aides will receive a discount for the workshop of their choice. Workshop aides must arrive by 7:00am on all days of the event and be willing to assist at all breaks, throughout the lunch break, and stay 30 minutes after the end of the workshop. Please keep in mind that we can accommodate a maximum of 3 workshop aides per workshop. To apply for the workshop aides program, please email registration@jackhirose.com

CONTINUING EDUCATION CREDITS

Canadian Psychological Association (recognized by the Alberta College of Social Workers), Canadian Counselling & Psychotherapy Association, Canadian Addiction Counsellors Certification Federation, Canadian Vocational Rehabilitation Association, Canadian Professional Counselling Association, Employee Assistance Certification Commission (EAPA), Indigenous Certification Board of Canada (ICBOC). **The number of course credits will vary for each event. See the event listing for specific workshop accreditation.**

HOTEL & ACCOMMODATIONS

Rates may fluctuate. Please request the Jack Hirose & Associates corporate rate – must be booked one month prior to the workshop date.

BANFF

BANFF PARK LODGE: 222 Lynx Street - 1-800-661-9266

LANGLEY

COAST HOTEL LANGLEY CITY: 20393 Fraser Hwy - 604-530-1500

KELOWNA

RAMADA HOTEL KELOWNA: 2170 Harvey Street - 250-860-9711

VICTORIA

SANDMAN HOTEL VICTORIA: 2852 Douglas Street - 250-388-0788

VANCOUVER

GRANVILLE ISLAND HOTEL: 1253 Johnston Street - 604-683-7373
HOLIDAY INN VANCOUVER CENTRE: 711 W. Broadway - 604-879-0511

TERMS & CONDITIONS

Our liability is limited to refunds for workshop fees only. Jack Hirose & Associates Inc. reserves the right to cancel an event; please make hotel & travel arrangements with this in mind. In the event of a cancelled workshop, we will issue a full refund for **workshop fees only**. Jack Hirose & Associates Inc. is not responsible for any statements, acts, materials, or omissions by our presenters or participants. The use of audio and video taping devices, beepers, and cell phones by workshop participants is not permitted at any workshop. Children and unregistered guests are not permitted in the meeting rooms. Seats cannot be shared between individuals. The contact information provided during registration will be added to our mailing list. We will not sell our mailing list or grant access to third parties; you can unsubscribe at any time. To unsubscribe please visit our website.

CANCELLATION POLICY: All cancellations must be submitted by email at registration@jackhirose.com. Non-attendance at a workshop will not be grounds for any or partial refund / credit under any circumstances. **Refunds will be available minus a \$40 administration fee** for cancellations made fourteen business days or more prior to the event. **No refund or credit under any circumstances will be available for cancellations less than five full business days prior to the event.** Exceptions to this will not be granted.

CERTIFICATES: Provided for pre-registered attendees only. Those who register at the door, or want additional copies can download their certificate, free of charge, at certificates.jackhirose.com. Your name will appear exactly as provided during registration. Please double check your spelling and include your professional name.

RECEIPTS: Sent by email once your registration has been processed. Please be aware spam filters can block email receipts. Participants who register at the door will be emailed their receipt once the payment has been processed (please allow up to two weeks for processing). Additional copies can be downloaded from certificates.jackhirose.com.

PLEASE REVIEW OUR PRIVACY POLICY: WWW.JACKHIROSE.COM



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& ASSOCIATES INC.
— JACKHIROSE.COM —

Complete & Return with Payment:

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North Vancouver, BC, Canada
V7H 0A6

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TF 1 800 456 5424
E registration@jackhirose.com